

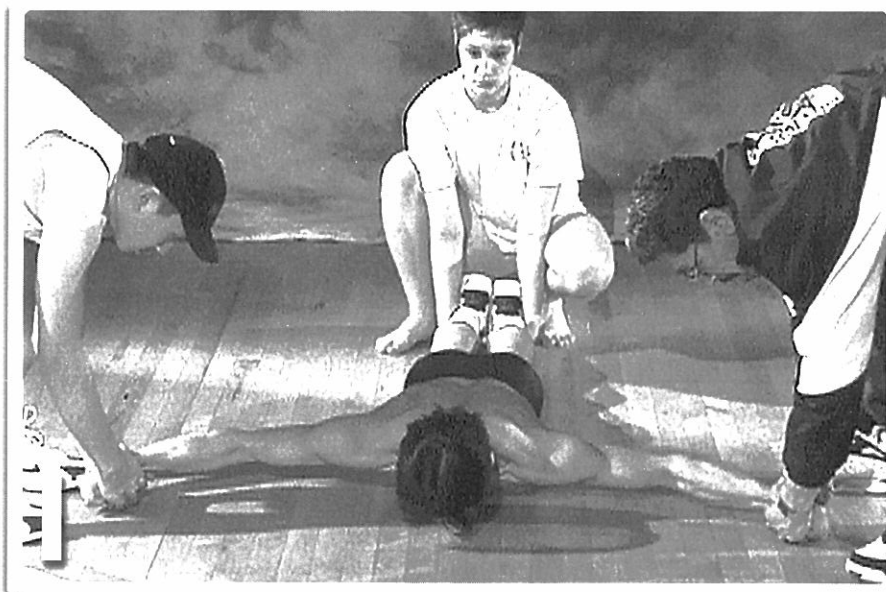
Airplane

The Game

How to Play

The Airplane is a game of strength endurance, and it is played as a distance competition. The outcome is decided by the strength of your hamstrings, upper arm, back and gluteal muscles. All these muscles groups have to work at their maximal strength to maintain the required rigid body position. It is very difficult to maintain this rigid position. To make the game easier for beginners, the athlete can be grasped at the elbows rather than the fists. **This game should not be played by very young learners.**

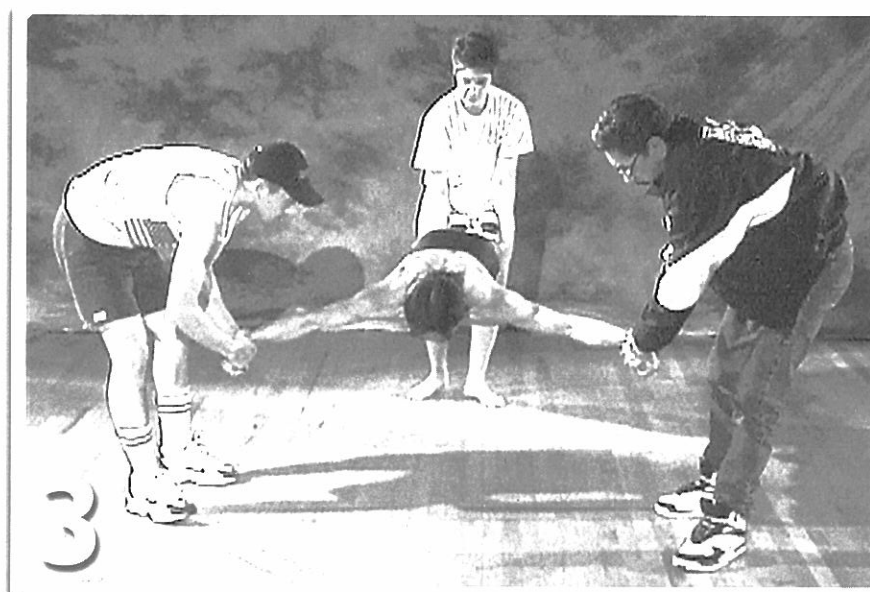
Place yourself face-down on the floor. Your arms are placed palms-down on the floor, at right angles to the body; clench your hands into fists. The legs are straight. Two carriers each grasp one of your fists, a third grasps your ankles. They lift you off the floor and slowly carry you along the course for as long as you maintain the rigid body position.



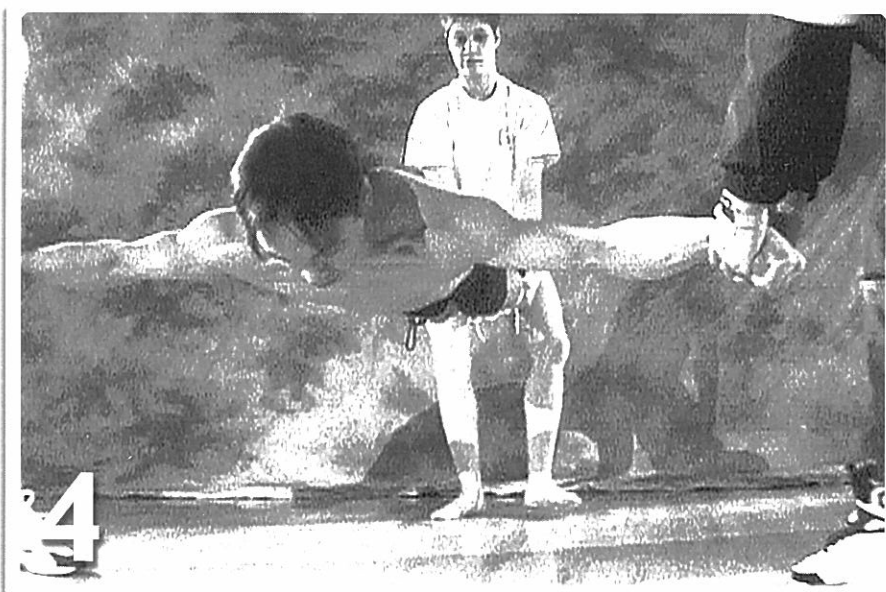
Lie on the floor in a prone position. Your extended arms are placed palms-down on the floor at right angles to the body. The legs are straight, the hands clenched into fists.



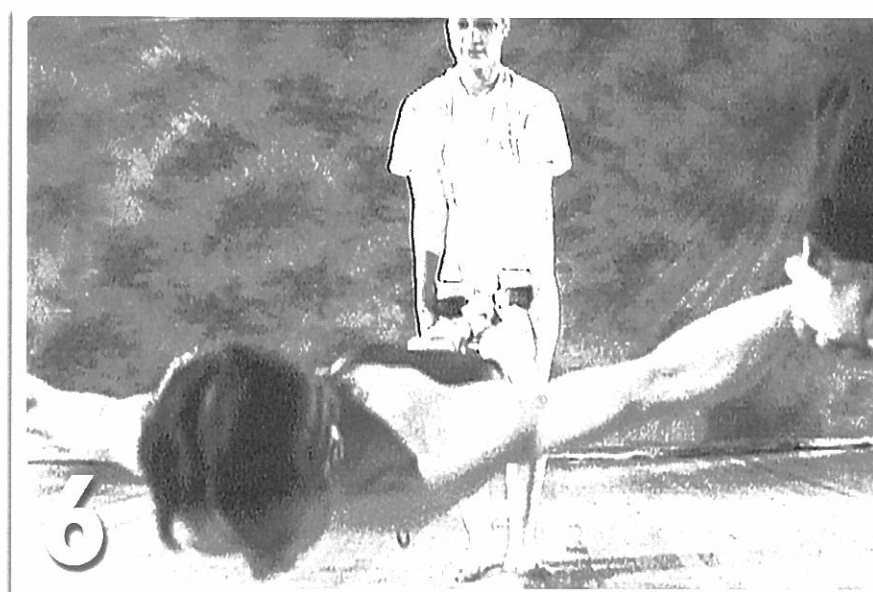
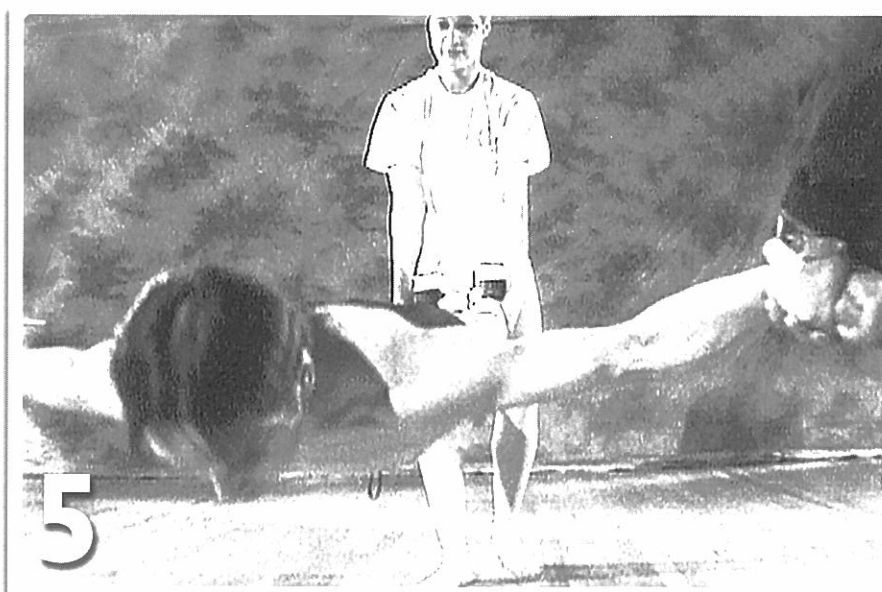
One of the three carriers grasps your ankles. The other two each grasp one of your fists at the palm; they lock their fingers around your wrists. **The wrist bone must be visible!**



The carriers **slowly** lift you off the floor to a height of about 50 cm. They have to avoid sudden and jerking movements when lifting you. They must keep your feet and hands at level height.



The carriers move along the course at an even pace for as long as you maintain the rigid body position: Your body must be straight; your arms must be extended and your wrists locked; your chest and buttocks must not drop below the plane of the fists.



The attempt ends when the chest or the buttocks drop below the plane of the fists. Measure the distance at the athlete's shoulder.